

VITAL SIGNS

VOL I No. 3

Naval Regional Medical Center, Orlando, Florida

1 February 1979

BIRD'S EYE VIEW OF PROGRESS

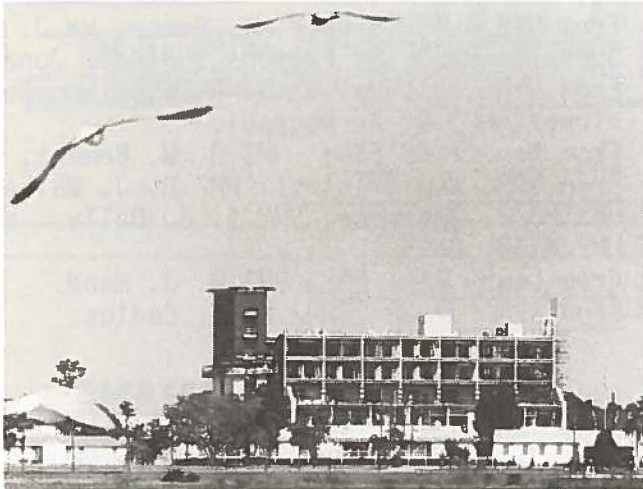


Photo by LCDR A. D. Saleker, MSC, USN, D.P.M.



Photo by PH2 R. E. Farmer, USN, NAC Photo Lab

PROGRESS REPORT FROM THE MCLO

As the block and bricks rise on the steel skeleton of our new building and it begins to look like a finished product, the interest in the new hospital also grows. Some of the basic facts may help to satisfy your curiosity, and you'll be able to answer some of your neighbor's questions too.

The five story structure and its power plant will contain 207,900 square feet of floor space. The first floor will be largely composed of outpatient clinics, clinical support activities such as laboratories, pharmacy, and radiology services, and administrative spaces. Also on the first floor will be the food service spaces, CSSR, the medical library, and operating services spaces. The second floor will house the surgical and delivery suites, recovery room, an 8-bed ICU/CCU, the OB post-partum nursing unit and the nursery. The third floor is composed of one set of solar panels and some of the complex mechanical and engineering machinery. The fourth and fifth floors will comprise the major areas for inpatients. These wards are made up of one, two, and four-bed rooms, which will allow for care of patients by medical criteria, not separated by sex. Each room will have its own private bathroom and shower, a two-way nurse-call connecting each bed to the nursing station on that floor, and piped-in oxygen, vacuum and compressed air.

The building was designed using the latest concepts in energy conservation, fire protection, and security. In addition to the arrays of solar collectors which convert solar emissions to use in the domestic hot water system and to assist in the building air-conditioning operation, the heat generated by lights, machinery and even people in a room will be recovered and recycled. A sophisticated computer system will be used to run these energy-conserving systems and to monitor and control the numerous other



LT Robert E. Elster, MSC, USN
Medical Construction Liaison Officer

We've come a long way!



On 7 June 1978, the last steel beam was placed in position with appropriate ceremony. Remember?

mechanical system components. Fire detection and protection will be done by a series of fire and smoke detectors throughout the building, a sprinkler system that covers the entire hospital, and a computer program which will suck air out of a smoke-filled area and pressurize surrounding areas to prevent spread of the smoke. Security will be provided by a bank of closed-circuit televisions continuously monitoring the building exterior and parking lots, plus interior cameras located at the pharmacy windows, the collection agent office, and other selected spots. All exterior and certain interior doors will be alarmed, and all refrigerators and freezers containing blood and pharmaceuticals will be monitored.

In the event of a power failure, not uncommon in Orlando, 1200 kilowatts of diesel-powered generator energy will continue the electrical service to all the hospital's vital areas and equipment.

With this modern building growing before us in the "backyard", probably the most popular question becomes "When do we move in?" The honest answer is "I don't know." In the next few months the brick will be all in place, the windows will be set in, and the structure will look complete. But there will still be months of work on the interior: running gas lines, erecting walls, plastering and painting, and many, many hours of systems testing and repair. All these things take a long time; how long depends in part on how much repair work is needed to make all the systems workable. At present, best guess on the move-in date would be between 1 November 1979 and 1 January 1980 but even that is subject to change.

In subsequent issues, I'll try to keep you current on construction progress and also to point out some features of special note in the new building.

M. E. Elster

Elected to Food Service Office

LT Edward H. Manley, MSC, USN

LT Edward H. Manley, MSC, USN, Food Service Officer, NRMCM, has recently been elected President of the International Food Service Executives Association, Orlando Branch, for 1979. Mr. Harry M. Belch, also of our Food Management Service was elected Secretary. Congratulations are in order to both LT Manley and Mr. Belch.

DECK-ORATORS Recruiting

The DECK-ORATORS TOASTMISTRESS CLUB is seeking new members. They meet at the Officer's Club every 1st and 3rd Wednesday from 5:30 to 7:00 p.m. Contact Dorothy Box at 646-5441 to find out about joining.

WHOOOIZZIT??

DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

WELCOME ABOARDS

From NRMCM Charleston: LT D. J. MacNamee, NC, USN
 From HCS GLAKES: HR P. C. Rouse, HN J. E. Sumrall, HR D. P. Parsons, HN R.J. Jones.
 From NSHS SDIEGO: HA H. P. Santiago-Rodriguez, HM3 C. A. Hegdahl.
 From NavSta SDIEGO: HM3 D. W. Bement.
 From NRMCM New Orleans: HM2 D. J. Walker, HM3 M. J. Anderson, HM2 S. J. Dally, and HM2 M. W. Dally.
 From Lowry AFB, CO: HM3 W. J. Mand.
 From NRMCM Japan: HM2 G. T. Dedios.

FEBRUARY DEPARTURES

LT C. R. Hash, NC, USNR, to NavHosp Beaufort.
 HM3 D. J. Gray to NRMCM Bremerton.
 HM3 S. L. Roberts to USS L.Y. SPEAR
 HM1 C. Ventura to NSHS Portsmouth, VA
 HM2 C. B. Marks to MCB, 29 Palms, CA
 HM1 C. H. Turner, Jr., to NSHS Portsmouth, VA

SEPARATIONS

DT3 F. A. Eisenmann
 HN B. Hernandez
 HM1 J. W. Harden

REENLISTMENTS

HM3 S. L. Roberts
 HM2 S. G. Fox
 HM2 N. F. Harding
 HM2 A. G. Thorgerson

VITAL SIGNS STAFF

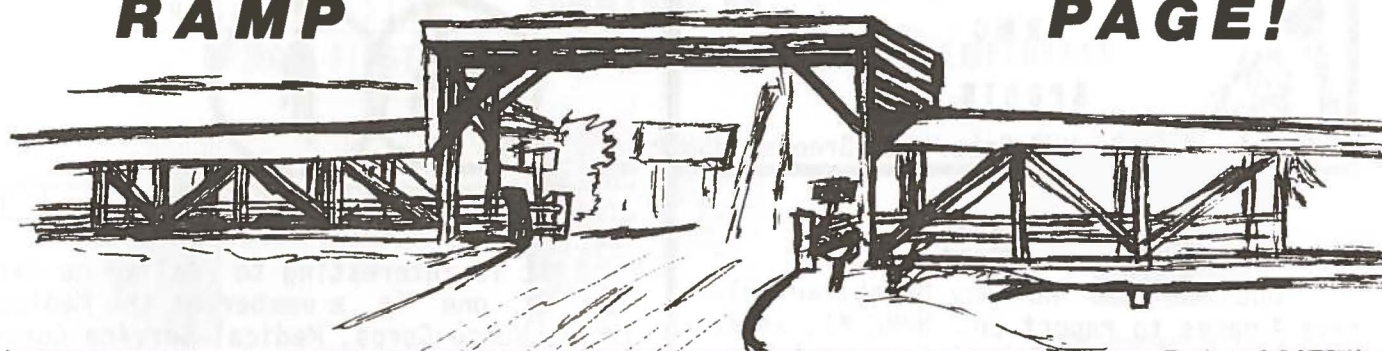
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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
 Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!**

By HA Eileen Kehoe, USN

What do you think of Navy Women going to sea?

HM1 C. S. Ventura, Outpatient Service: "Outstanding! Yes, I'm certainly in favor of women going to sea. In the next fifteen years the Navy is going to be short of manpower and we've got to have some bodies aboard ship and if they are female bodies, I don't have anything against it. I'm a red blooded sailor and I'm going aboard ship myself and that is why I'm very sympathetic to the cause."

DA Eric Walker, Dental Service: "I don't think women should be allowed to go to sea because women doing jobs like Boatswain's Mate will never gain any respect. Did you ever see those old guys out there? They just would never gain any respect. There just ain't no way - believe me, I know."



DT2 Patricia Warden, Dental Service: "For some women, it may be fine. Especially young women who do not have the responsibility of a husband or children. I don't think a lot of them have thought about the jobs aboard ship. The average woman is not physically capable of handling a deck-hand job on a ship. Women in the medical and dental fields probably won't have that difficulty but I just don't think it should be mandatory for women to go to sea. It should be left on a volunteer basis."

HM2 Marjorie Blagmon, Surgical Service: "I think it is a good idea. I don't think it should be mandatory, but I think that women who want to go should be able to do so."





NRMC SPORTS

By HM2 Robert G. Greene, USN

Basketball

Due to the holiday break, we only have 4 games to report on. NRMC #1, after losing to Service School Command in the last game of 1978, came roaring back to beat The Bombers 57 to 55 and then proceeded to stomp on the Slum Lords 78 to 49.

While all this was taking place, NRMC #2 was being beaten by Service School Command 70 to 41 in their first game of the new year. The Bombers weren't too gentle with NRMC #2 either -- giving them a 78 to 42 defeat.

SCHEDULE

1 FEB	NRMC #2 vs NPS #1
6 FEB	NRMC #1 vs GALLEY
7 FEB	NRMC #2 vs NAC
* 13 FEB	NRMC #1 vs NRMC #2

* DON'T MISS THIS ONE!!

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Monday Night Bowling

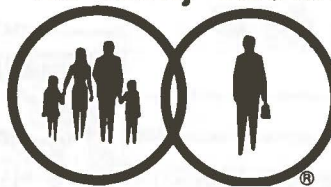
The Monday Night Bowling League had a few high rollers the night of 15 Jan. Mike Popovich, President of the League, rolled a nice 200 game, while Ray Enderez had an outstanding 587 series, including a 208 and a 234 game. High game for the week went to Eddie DesJardin from NRDC with a nice 236 game.

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Softball

With softball season only two months away, we need to start getting organized. Besides players, we also need some non-playing personnel who would be interested in coaching the team or teams. Anyone interested, please contact HM2 Greene at X4383. Practice will be starting around the first week in March.

the Family Line



By CDR C. VICTOR ROMANO, MC, USNR

It is interesting to realize no matter if one is a member of the Medical Corps, Nurse Corps, Medical Service Corps, Hospital Corps or civilian personnel, we all function as professionals. In performing our duties, we are all working as an integral part of the health care team. Therefore, to carry this concept further, we are all colleagues with one aim -- quality medical care.

In this time of severe medical shortage, it becomes even more important for each of us to work together as a team and not just concern ourselves with our own little area of responsibility. It is the whole picture that is made up of several parts which results in the final print.

We must all become involved with each other in order to produce a highly efficient staff. It doesn't make sense to be aloof and non-caring for our people. Offer help and assistance when asked. Try to better utilize our people. Help to educate them and be patient. We are all here striving to do well in caring for our patients, which at times seems to be an insurmountable job, but in reality, it isn't. It only takes common sense, professional desire, satisfaction, and above all, the complete cooperation of every individual in this command. By working in harmony with each other and other commands and people and continuing to do our best, we can deliver the best medical care in the community. Be proud of what you do, be confident, and be a help to each other.

jogging

The jogging course has been reopened through the golf course; however, all joggers planning to use this course must complete a Hold Harmless Form. These forms can be obtained at the NTC Gym and they will be kept on file at the Gym.

COMMENTS ON NRMC'S FIRST CAPTAIN'S CALL FOR CIVILIAN EMPLOYEES



Pat Johnson, Surgical Service: "I appreciate the fact that it was especially for civilians and hope we have another one."



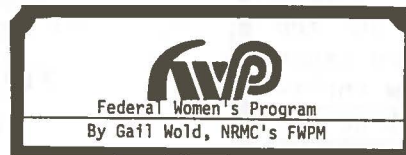
CAPTAIN J. A. ZIMBLE, MC, USN
Commanding Officer



Larry P. Glenn, Housekeeping Service: "I think it is a good idea and it should be continued. I hope more wage-grade employees will get involved by submitting questions for the next program."



Joseph Robichaud, Appointment Desk, Outpatient Service: "I think it was really good. Very interesting. It brought up a lot of good points that needed clearing up. I am looking forward to another one."



CAPTAIN'S CALL for Civilian Employees was held 15 January 1979 in the William G. Lawson Room. Captain J. A. Zimble, MC, USN, assembled representatives from the Civilian Personnel Office as well as his own Administrative Staff to assist him in answering the questions. In order to achieve maximum satisfaction in the limited time for the program, the staff had been urged to submit their questions, in writing, at an earlier date.

COMMUNICATION was the word for the day at this In-House program. Captain Zimble believes that keeping everyone informed, at all times, provides a better working environment which helps this hospital to accomplish its mission. The majority of those attending felt that the program was very informative and very beneficial. The attendance, by the way, set a record for the In-House programs -- standing room only! Based on the success of this program, the Captain has decided to have Captain's Call for Civilian Employees on a quarterly basis.



Doris Villar, Operating Management Service: "Very worth while and a step in the right direction. Hope there will be many more."



Francis A. Hodges, Acute Minor Care Clinic: "This was the first Captain's Call I had ever attended. I thought it was very informative and the Captain was very sincere. I think we should have more of them. It would be better if the minor gripes were handled at the supervisor's level and not at Captain's Call."



Ruth Graham, Outpatient Dictation, Outpatient Service: "I think it was great. The candor was extremely refreshing. I was greatly impressed by the amount of preparation that was devoted to make this program a success. I hope we have another one."



Pedro Marcial, Housekeeping Service: "I think it was great. By explaining a lot of good things about civilian personnel, it was very beneficial to us."



Barbara Cheney, Radiology Service: "It was a long time coming. We needed it!"



Millie Ann Johnson, Housekeeping Service: "I thought it was very beneficial. Something I wish would happen more often."



Bette Mullen, Nursing Service: "I think it was super! My only regret is that I didn't submit the comment to him that his establishing VITAL SIGNS was a big step toward establishing better communications at all levels."



Carolyn Edwards, Nursing Service (Wd 5): "It was very good of him to meet with the civilian staff and give them an opportunity to discuss freely concerns or objectives. I felt he appreciated our contribution to the hospital."



Mary DeJulio, Nursing Service (Ward 10): "I thought it was excellent. There were, however, so many different sections represented that he couldn't go into detail with each service. Hopefully, we will have more in the future with each service being allotted so much time."



Chaplain's

Comments

By LCDR I. O. CARTEE, CHC, USNR

RESIGN OR RE-SIGN

We have all experienced disappointment. We have all known something which fell short of our expectations and hopes, and which made us thoroughly disappointed. No doubt, every person who has ever lived has suffered shattered dreams, and has lived with some measure of unfulfillment and failure. If we allow it to get the best of us, such experiences can cause life to really turn sour. A fellow christian once remarked to me that he had learned to turn disappointments into "His-appointments." What a wonderful thought! Such a statement does not mean that Christian Faith is a "fool's paradise." Nor does it mean that when one fails or faces disillusionment that he is to piously fold his hands and say, "Well, it is the will of God, and I must bear it." Granted, much that does happen to us occurs within the realm of God's permissive will. However, that does not mean that we should resign ourselves from life and living. We should not stop there. What it does mean is that the person of faith will stand on the promises and not the problems. God has promised to be with us and to help us. God may not change our situation in life no matter how hard we pray and ask Him. A greater truth is that God changes men not circumstances. Our situation may not be changed FOR us, but God can change our situation THROUGH us. If we may not have the opportunities we want in life, let us utilize to the fullest the ones we have. Instead of disappointment being the end of everything let us work to make it the beginning of something. An anonymous writer has shared these thoughts:

Family Line "QUOTES"

"The important thing in any organization is the creation of a soul which is based on pride."

General George S. Patton, USA

One day when I was worried and
feeling blue,
I read a small "prescription" that
I will share with you.
It said: "When you are discouraged,
don't sit and fret and frown.
Just get a piece of paper and
write your blessings down."
I thought that there was nothing
for me to write about
But, boy, before I finished, my
fountain pen ran out.

PIPE

NINE



HMCM J. H. PHILLIPS, USN

HARD TO BELIEVE

The Navy is really interested in getting you the assignment you want. Your detailers in BUPERS are there to serve you in your needs, desires, and problems.

The detailers spend a lot of time trying to give you the assignment you have asked for. You, in turn, have numerous ways of making your desires known. First, you should send in an Enlisted Duty Preference Form (NAVPERS 1306), seven to eight months before your Projected Rotation Date (PRD). Second, you can submit an Enlisted Transfer and Special Duty Request (NAVPERS 1306/7) for such things as "swaps", spouse duty, school request, etc. Third, you can personally discuss your assignment with the detailers by telephone. These are the ways you make your desires known. You'll never know if you don't ask someone. The fact that you may want to reenlist does NOT guarantee that you will get whatever you desire, but the asking is free! Talk to your Command Master Chief or Career Counselor, HM1 Tedin, then pick up the phone and call the detailer. The use of AUTOVON for calling BUPERS, in this case, is official.

There is still no charge or obligation for asking -- talk to the Command Master Chief!

NURSING**SERVICE**

CDR N. J. Stewart, NC, USN

GETTING ALONG

"The most important single ingredient in the formula of success is knowing how to get along with people."

Theodore Roosevelt

The second most important ingredient in the formula of success is how to deal with people. We frequently hear one person criticizing the actions of others or making statements of dissatisfaction with another person. When someone has been irritated by another person, it is natural for that person to try and free themselves of the frustration by complaining to others rather than confronting the individual face to face. Too many times we are quick to criticize the actions of others without giving them the chance to explain themselves. In many cases, the irritator is not aware that he or she has committed the dastardly deed.

There are those who change their attitudes toward a person from remarks made about the person by someone else. Positive statements are good; however, in most cases, the remarks are negative and this leads to lack of cooperation and detracts from cohesive unity. This type of attitude also inhibits teamwork and morale dissipates.

A person who criticizes another behind his back makes cooperation and teamwork next to impossible. We have all heard remarks made about others and see them blown out of proportion, but how many times have we defended the accused even when we know the remarks are exaggerated? Just remember, when you are down on someone, others may be influenced as well -- remember, tomorrow it may be you being criticized.

If we hope to enjoy a good working team relationship, we should be careful how we criticize others. If someone upsets you, the best way to handle the situation is to calm down, then discuss it directly and privately with the person

concerned. Give the person a chance to explain themselves. They may not be aware that they have done wrong -- but when they are made aware, will more than likely apologize and rectify the situation themselves. This makes the situation easier all the way around.

You don't have to be abrasive, tactless or forceful when approaching a person on a problem. People who habitually resort to these tactics show poor judgment. Our purpose at NRMC should be to help, not humiliate each other.

Oakleaf**Auxiliary**

By Mrs. Barbara Smith

UP-AND-COMING!

Our sincere thanks to the Dental wives for hosting our January function at the Officer's Club. We had an outstanding turn-out and a most enjoyable time.

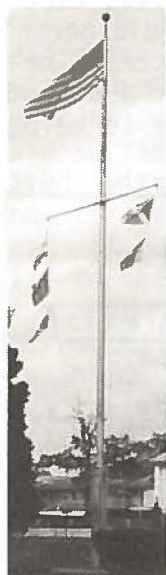
While the post-holiday doldrums may engulf the rest of our country, the upcoming social calendar is alive and well in Central Florida! The Officer's Wives Club Art Auction on 4 February will be a spectacular event. Your invitations have been mailed and we hope you can join us at the Navy Exchange Cafeteria at NTC for what promises to be a wonderful time.

And now, it's our turn (after all the hostessing, cooking and wrapping) to treat ourselves to a well deserved holiday at Lake Buena Vista. The Medical Service Corps wives have arranged our February brunch at the Lake Buena Vista Country Club on the 8th. The "Skipper's Table" has been reserved for you at 10 o'clock. Arrange your car pools, and remember the Magic Kingdom Cards (available to us at Special Services). They are good for substantial discounts at all the attractive shops in the shopping village.

Here is an opportunity for you to learn more about military pay and allowances, Champus, Survivor's Benefits, etc. Navy Relief Volunteer course starting Feb 7th. Contact Beverly Haney, 646-5132 for more info. You need not make a commitment for volunteer work in order to attend.

HAWK-AYE

By Geo

So proudly we stand. . . .

Did you know there is a flagpole at NRMC? Well, there is -- located in front of Bldg. 3000. The 50' tilting pole is made of tapered aluminum. It was installed in June 1968 at a cost of \$2,000. On the very top is a brass/gold colored 10" ball that indicates that NRMC Orlando is a shore activity where the CO is of the grade or equivalent grade of captain in the U.S. Navy. About twenty feet down from the top, is a "cross tree." Flags and pennants indicating various signals and messages are displayed in this area. Currently, the signal "I standby to assist you" and this command has the "medical guard" is displayed. The lines suspended from the pole are "halyards" and are used for raising and lowering flags or pennants. For easy maintenance, the pole is supported by a "equipoise tilting base" which in turn, is anchored in the ground by a 5 by 3.6 foot concrete block. The primary reason for the NRMC Orlando flagpole is to display the American flag. Each morning and evening a flag ceremony is conducted. Every Thursday morning, weather permitting, the Navy Band Orlando participates in the ceremony. The Commanding Officer cordially invites YOU to be a part of this tradition. It only takes a few minutes to stand at attention with your shipmates and friends, listen to the band and salute your country. You can't help but be proud and what a wonderful way to start the day! You will want to be a better American and will be thankful that you are not one of the oppressed peoples of the world or like the "boat people" who have no flag or country.

**OUR OWN ATTABOY!**

THE SURGEON GENERAL OF THE NAVY
29 December 1978

Master Chief Hospital Corpsman R. C. Clements, USN
Editor, VITAL SIGNS
Naval Regional Medical Center
Orlando, Florida 32813

Dear Master Chief Clements:

Congratulations on your new newspaper "Vital Signs." I very much enjoyed reading about the activities and events which you featured in your first edition and was particularly intrigued by the "WHOOZZIT?" column. You have started off in grand style.

May I suggest that you carefully preserve a copy of each and every edition because in years to come your "Vital Signs" file will be a great source of interesting background information about your fine center.

With best wishes for your continuing success.

Sincerely yours,

W. P. Arentzen
W. P. ARENTZEN
Vice Admiral, Medical Corps
United States Navy

EDITOR'S P.S!

The "ASK THE SKIPPER" column is missing due to the Skipper's trip to Wash. D.C. Don't forget to submit your questions to him - if you don't ask, you won't know.

....

LCDR Jane Norman, NC, USN, has assumed her new job in the Nursing Service as the Utilization Review Coordinator.

....

Nursing Service extends a heartfelt thank you to Mr. and Mrs. Jewell (Ward 10) who recently donated some very deluxe, handsome binders for all the new Ward Policy and Procedures Manuals.

WHOOZZIT?

DICK FARREL

MAIL MAN - BLDG 3000

OPERATING MANAGEMENT

SERVICE